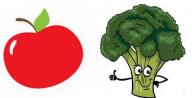
PHYSICAL EDUCATION AND HEALTH



MR. LOPEZ'S NEWSLETTER: FALL

GREETINGS PARENTS, IT'S GOING TO BE AN ACTION PACKED YEAR AT MERRYHILL ELEMENTARY. IF YOU HAVE ANY QUESTIONS FEEL FREE TO CONTACT ME: BRENDAN.LOPEZ@NLCINC.COM

FALL ACTIVITIES: FLAG FOOTBALL, Olympic Handball,Track and Field, Pickleball Parachute Fun, in-class readings, Street Hockey, Calisthenics, Slackline, Badminton, Soccer, kickball etc.....

PHYSICAL EDUCATION AND HEALTH VOCAB

KINDER AND IST	2nd and 3rd	4тн, 5тн
Stance	Composure	Self-Concept
Penalty	Peer Pressure	Habit
Sportsmanship	Compassion	Goal Setting
Team Player	Self- Confidence	Communication
Self- Control	Body Language	Compromise

-HEALTH AWARENESS DATES-For September

- NATIONAL FAMILY Health and Fitness Day Sep. 24th
- NATIONAL FRUITS AND
 VEGGIES MONTH

-HEALTH AND WELLNESS-

ROUGHLY 90% OF AMERICANS DON'T EAT THE RECOMMENDED DAILY AMOUNT OF FRUITS AND VEGETABLES ACCORDING TO THE CENTER FOR DISEASE CONTROL.

